



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 09292, Plums, dried (prunes), stewed, without added sugar

Report Date: July 01, 2017 00:05 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	69.73	3	1.031	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	107	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Energy	kJ	448	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Protein	g	0.96	--	--	--	--	--	--	--	--	Calculated or imputed	09291	02/2003
Total lipid (fat)	g	0.16	--	--	--	--	--	--	--	--	Calculated or imputed	09291	02/2003
Ash	g	1.16	--	--	--	--	--	--	--	--	Calculated or imputed	09291	02/2003
Carbohydrate, by difference	g	28.08	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Fiber, total dietary	g	3.1	--	--	--	--	--	--	--	--	Calculated or imputed	09291	02/2003
Sugars, total	g	24.98	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Minerals													
Calcium, Ca	mg	19	--	--	--	--	--	--	--	--	Calculated or imputed	09291	02/2003
Iron, Fe	mg	0.41	--	--	--	--	--	--	--	--	Calculated or imputed	09291	02/2003
Magnesium, Mg	mg	18	--	--	--	--	--	--	--	--	Calculated or imputed	09291	02/2003
Phosphorus, P	mg	30	--	--	--	--	--	--	--	--	Calculated or imputed	09291	02/2003
Potassium, K	mg	321	--	--	--	--	--	--	--	--	Calculated or imputed	09291	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sodium, Na	mg	1	--	--	--	--	--	--	--	--	Calculated or imputed	09291	02/2003
Zinc, Zn	mg	0.19	--	--	--	--	--	--	--	--	Calculated or imputed	09291	02/2003
Copper, Cu	mg	0.123	--	--	--	--	--	--	--	--	Calculated or imputed	09291	02/2003
Manganese, Mn	mg	0.131	--	--	--	--	--	--	--	--	Calculated or imputed	09291	02/2003
Selenium, Se	µg	0.1	--	--	--	--	--	--	--	--	Calculated or imputed	09291	02/2003
Vitamins													
Vitamin C, total ascorbic acid	mg	2.9	3	0.043	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Thiamin	mg	0.024	3	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.100	3	0.012	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	0.723	3	0.039	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Pantothenic acid	mg	0.107	3	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-6	mg	0.218	3	0.009	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folate, total	µg	0	3	0.017	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, food	µg	0	3	0.017	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Folate, DFE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Choline, total	mg	4.4	--	--	--	--	--	--	--	--	Calculated or imputed	09291	01/2007
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	17	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	173	--	--	--	--	--	--	--	--	Calculated or imputed	09291	02/2003
Carotene, alpha	µg	25	--	--	--	--	--	--	--	--	Calculated or imputed	09291	02/2003
Cryptoxanthin, beta	µg	41	--	--	--	--	--	--	--	--	Calculated or imputed	09291	02/2003
Vitamin A, IU	IU	342	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09291	02/2003
Lutein + zeaxanthin	µg	65	--	--	--	--	--	--	--	--	Calculated or imputed	09291	02/2003
Vitamin E (alpha-tocopherol)	mg	0.19	--	--	--	--	--	--	--	--	Calculated or imputed	09291	02/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	26.1	--	--	--	--	--	--	--	--	Calculated or imputed	09291	02/2003

Lipids

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total saturated	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
14:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
16:0	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
18:0	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Fatty acids, total monounsaturated	g	0.080	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
18:1 undifferentiated	g	0.079	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Fatty acids, total polyunsaturated	g	0.026	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
18:2 undifferentiated	g	0.026	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
18:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Flavonoids													
Isoflavones													
Daidzein ¹	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein ¹	mg	0.01	--	--	0.01	0.01	--	--	--	--	--	--	--
Total isoflavones ¹	mg	0.02	--	--	0.02	0.02	--	--	--	--	--	--	--

¹Liggins, J., Bluck, L. J. C., Runswick, S., Atkinson, C., Coward, W. A., Bingham, S. A. **Daidzein and genistein content of fruits and nuts.**, 2000 J. Nutr. Biochem. 11 pp.326-331